



Summer Junior/Senior Rowing

Registration Link: <https://niagarafallsrowingclub.com/programs/junior-senior-rowing>

Sign in using your account (do not create a new account), **Join “Summer Junior/Senior Program”**

- Please make sure to complete all steps in the registration process through the NFRC website before moving on to register on Rowing Canada.

Summer Season – June 9 to August 10, 2025

- While students are still in school, practices will be 6-8:30pm during the week and 7-9:30am on Saturdays.
- Once the school year is complete, regular practices will be Monday to Saturday 6-8:30am. These times may adjust with daylight.
- Additional weekday afternoons or evenings are possible but unlikely.
- Higher aspiring athletes should also weight train 3x/wk, days and times TBD.
- Sundays will be the team off/recovery day.

Tentative Summer Regatta Schedule

- CORA – July 5 – Welland, Ontario
- Westside Invitational – July 6 – Buffalo, New York (tentative)
- CORA Championships – July 12 – St. Catharines, Ontario
- ERA Championships – July 12-14 – Montreal, Quebec (tentative)
- Ontario Championships – July 19-20 – Welland, Ontario
- Royal Canadian Henley – August 5-10 – St. Catharines, Ontario
- Other - TBA

Cost

- Summer Junior/Senior Rowing - \$597.00 (528.32+HST) (ettransfer to niagarafallsrowing@gmail.com). This includes all equipment, regatta entry fees. Travel and accommodations for away regattas are extra.

Racing Uniforms

An NFRC unisuit is required for racing. It may be possible to purchase these from past athletes or new from Regatta Sport as part of a team order for \$96.05 (\$85+HST).

Questions or Concerns

Please direct all questions or concerns to Wernher at headcoach@niagarafallsrowingclub.com or by phone 905-359-1425.